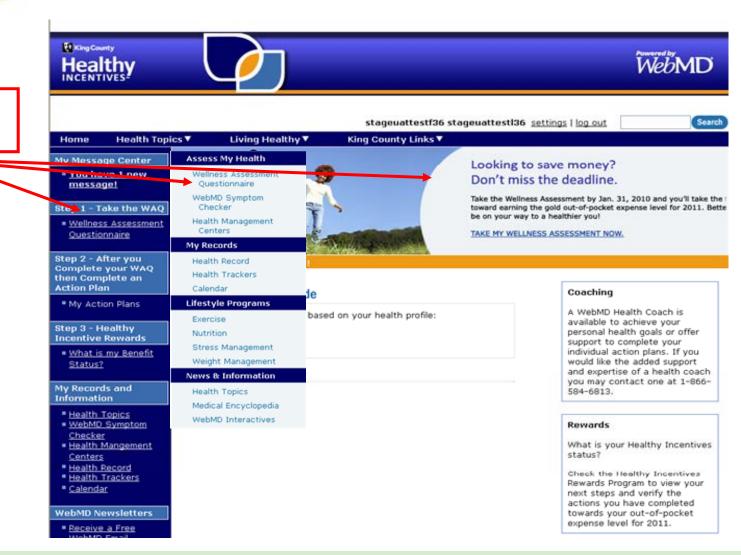


Navigation links to

Wellness Assessment

Step 1: Take the wellness assessment by 4 p.m. February 26, 2010





Having your biometric numbers available Will make your wellness assessment summary more complete



WebMD Wellness Assessment Questionnaire

Whether you think you're perfectly healthy or know you have a few areas you can work on, taking the Wellness Assessment Questionnaire may be the smartest thing you can do for your health.

Your privacy in taking this assessment is something we take very seriously. Please see our privacy policy for details on how we protect you.





Click here to begin the wellness assessment

What is the Wellness Assessment Questionnaire?

The Wellness Assessment Questionnaire is a health assessment tool that helps you uncover potential health risks and recommends positive steps to address your specific health risks. By completing the Wellness Assessment Questionnaire before January 31, 2010 you will earn the silver out-of-pocket expense level for your 2011 medical benefits. You will also have completed the first step toward the gold level.

Why Take the Wellness Assessment Questionnaire?

Many health risks don't make you feel bad until you are well on your way to a serious problem. That is why measuring your potential risks is important. If you find out you are at risk and receive the proper guidance on how to minimize those risks, you can actually take steps to avoid developing health conditions such as heart disease, diabetes, and stroke.

Taking the Wellness Assessment Questionnaire requires only about 15 minutes, and it can make a huge difference in your life. Once you've answered all of the questions, you will receive an easy-to-understand report. It will outline your specific risk levels for a variety of health conditions and common risk factors, like weight and blood pressure, along with providing an action plan for reducing your risks. Then you'll receive instant feedback on how changing your behavior now reduces your chance of developing health conditions in the future so you can enjoy a long, healthy life.

Completing the Wellness Assessment Questionnaire by January 31, 2010 earns you the silver out-of-pocket expense level for your 2011 medical benefits and is your first step toward earning the gold level.

What Information Should You Have Available?

To get the most accurate results possible, you should come prepared with some important health information such as:

- Height
- Weight
- · Blood pressure level
- Blood sugar level
- Cholesterol and triglyceride values

If you've had your annual physical, you can simply call your doctor for these numbers. If you haven't, you can still take the Wellness Assessment Questionnaire and provide the information you do have. Remember, you must complete the Wellness Assessment Questionnaire by January 31, 2010 as the first step to earn gold status for your 2011 medical benefits.

Tip: For a quick and easy blood pressure reading, many pharmacies or grocery stores now have free automated blood pressure machines you can use.



Healthy INCENTIVES **

Click Continue to go to next Page

	No	Yes
Allergies	0	0
Arthritis	0	0
Asthma	0	0
Cancer (Breast)	0	0
Cancer (Cervical)	0	0
Cancer (Colon)	0	0
Cancer (Lung)	0	0
Cancer (Other, not listed)	0	0
Chronic back pain or <u>sciatica</u>	0	0
Chronic neck pain	0	0
Colon polyps	0	0
Congestive heart failure	0	0
COPD or Emphysema	0	0
Depression	0	0
Diabetes Type 1	0	0
Diabetes Type 2	0	0
GERD (Gastro-Esophageal Reflux Disease or Chronic Heartburn)	0	0
Heart attack	0	0
Heart <u>arrhythmia</u> or irregular heartbeat	0	0
Heart disease or <u>angina</u> (heart-related chest pain)	0	0
Menopause	0	0
Migraines	0	0
Osteoporosis	0	0
Stroke	0	0

continue >

Status Bar

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